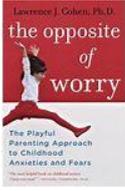


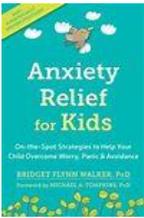
Books on Anxiety

Books for parents



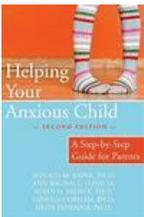
The Opposite of Worry: the playful parenting approach to childhood anxieties and fears by Lawrence Cohen

Some of the nearly universal emotions that children experience are fear and worry. As many parents discover, logic and reassurance often don't work, leaving them at a loss for how to help their children. This book shows how lighthearted parenting techniques including lots of emphasis on physical play can help children and parents overcome everything from temporary nerves to ongoing fears.



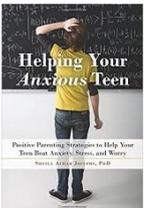
Anxiety Relief for Kids by Bridget Flynn Walker

If you have a child with anxiety, you may need quick, on-the-spot solutions when problems crop up. This book provides simple techniques that you can apply at a moment's notice. Learn how to identify your child's unhealthy strategies for coping with anxiety, work out their anxiety triggers and feel more in control when anxiety does strike.



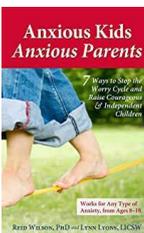
Helping Your Anxious Child by Ronald Rapee & others

This book uses a step-by-step approach to help you learn how anxiety works and develop effective skills to practice with your child. It includes activities for you and your child to complete together to help you gain confidence in supporting your anxious child.



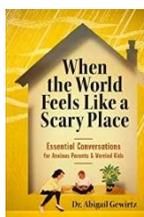
Helping Your Anxious Teen by Sheila Achar Josephs

Parents often find it frustrating when common sense and logical methods such as reassurance don't seem to work to allay their teen's anxiety. This book helps you develop the knowledge to effectively manage teen anxiety. Learn the best ways to support your teen in overcoming problematic thinking and fears, discover what behaviours and coping strategies make anxiety worse, and understand how anxiety is best defeated. You and your teen will hopefully feel empowered by new ways of responding to anxiety.



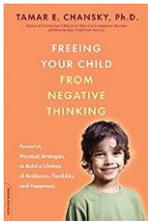
Anxious Kids, Anxious Parents

Helping children overcome anxiety is harder if you're an anxious parent. This book shows parents that they can break the cycle of anxiety and identifies some common anxiety-enhancing patterns. It provides advice on how to change your responses in ways that foster courage and confidence. By following the advice, parents can not only model confidence for their kids but also learn to become more confident themselves.



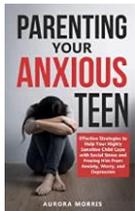
When the World Feels Like a Scary Place: Essential Conversations for Anxious Parents and Worried Kids by Abigail Gewirtz

We live in an age of anxiety and children often struggle to put things into perspective. Parents, often anxious themselves, can find it difficult to talk children about what worries them. This book offers a series of conversation scripts for talking through worries with children, and tips for helping children stay calm in an anxious world, offering security for both parents and children.



Freeing Your Child From Negative Thinking by Tamar Chansky

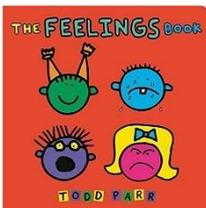
Emotional resilience leads to a happier, healthier life, so whether your child expresses a typical degree of worry or shows signs of higher stress or anxiety, how parents respond and help them build resilience can make a difference. This book lays out an approach that allows parents and children to work together as they learn to outsmart fears, manage worries, and handle the pressure they face in our competitive culture.



Parenting Your Anxious Teen by Aurora Morris

Parenting a teen isn't easy, but parenting an anxious teen is especially challenging. This book helps you to understand what's going on in your teenager's mind and support them to cope with their stress and worries. It gives you strategies to ensure their emotional, spiritual & physical wellbeing and offers approaches for facing fears and overcoming depression. It aims to allow you to connect with your child on a deeper level.

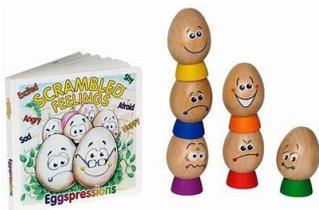
Books for children



The Feelings Book by Todd Parr

Recommended age: 1 - 5

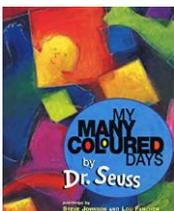
Sometimes it's hard to name a feeling with a single word. Sometimes it's easiest to explain how you feel by saying what it makes you want to do. In this book, familiar emotions like happy and sad sit alongside phrases like 'Sometimes I feel like standing on my head.' Parents can use these phrases to help children identify more complex feelings.



Eggspressions by Hape

Recommended age: 2 - 8

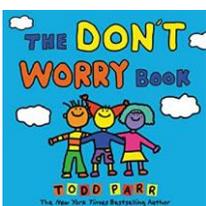
Some children find it helpful to do something practical while they talk about their emotions. Children can play with six eggs with facial expressions representing different emotions while you read the storybook together.



My Many Coloured Days by Dr Seuss

Recommended age: 3 - 5

In this beautifully illustrated book, Dr Seuss provides a concrete way for children to talk about their emotions. Each mood is matched with a colour: black days are mad and loud, yellow days are busy and buzzy, green days are cool and quiet. And, of course, some days include a bit of everything!



The Don't Worry Book by Todd Parr

Recommended age: 3 - 5

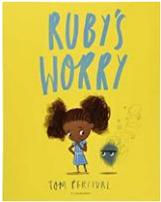
We all worry sometimes: maybe it's because of the dark or the news on TV. This book offers helpful strategies children can use to control their worry, from imagining themselves as a superhero to talking to the people they love.



I'm Not Scared by Jonathan Allen

Recommended age: 3-5

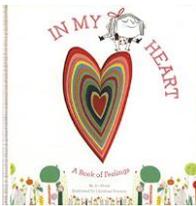
Baby Owl is out for a moonlight stroll through the woods but each animal he bumps into tells him not to be scared! Can he convince them that this is what owls are meant to do and more importantly, that he's not scared?!



Ruby's Worry by Tom Percival

Recommended age: 4 - 7

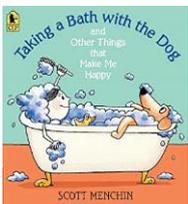
One day, Ruby finds a worry. At first it's not such a big worry, and that's all right, but then it starts to grow. It gets bigger and bigger every day and it makes Ruby sad. How can Ruby get rid of it and feel like herself again? A helpful book for discussing childhood worries and anxieties, no matter how big or small they may be.



In My Heart: A Book of Feelings by Jo Witek

Recommended age: 4 – 7

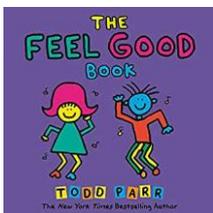
This book explores emotions like happiness, sadness, bravery, anger, shyness and explains what an emotion feels like physically. For example, 'When I get really angry, my heart feels like it's going to explode! Don't come near me! In lyrical language, this book introduces toddlers to a wide variety of emotions and helps them to identify and articulate their own emotions.



Taking A Bath With The Dog and Other Things That Make Me Happy by Scott Menchin

Recommended age: 4 – 7

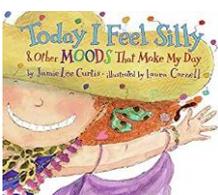
An amusing story with whimsical characters that shows us just doing what we love to do best can bring the biggest smiles of all.



The Feel Good Book by Todd Parr

Recommended age: 4 – 7

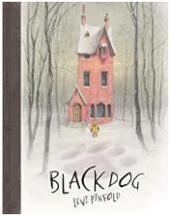
What makes you feel good? From making sounds like a monkey to making a new friend, there are so many things that happen every day that can make you happy. This book helps you count them all - it feels good to think about all the things that make you feel good.



Today I Feel Silly & Other Moods That Make My Day by Jamie Lee Curtis

Recommended age: 4 - 8

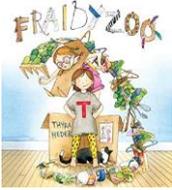
Everyone has moods that change every day and that's ok. The verse and illustrations in this book help children explore, identify and have fun with their ever-changing moods. The wheel allows you to change the expression of a face's eyes and mouth.



Black Dog by Levi Pinfold

Recommended age: 4 - 8

When a huge black dog appears outside the Hope family's house, they're all terrified except for Small, the youngest of the Hopes. When it chases her through the forest she shows no fear, so it grows smaller and smaller.



Fraidy Zoo by Thyra Heder

Recommended age: 4 - 8

Little T is reluctant to go to the zoo with her family: something scared her there — but she can't remember what! A touch of humour can be a great way to help children overcome their fears, and Little T's family find funny and creative ways of helping her overcome hers.



Sketch Monsters: Escape of the Scribbles by Josh Williamson

Recommended age: 4 – 8

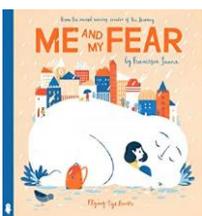
Mandy doesn't show her feelings - instead, she draws them in a sketchbook. But one day her emotions run wild and the monsters escape off the pages of her sketchbook. Mandy learns how to bring her emotions under control without restricting them so much that they explode again.



When Worry Takes Hold by Liz Haske

Recommended age: 4 - 8

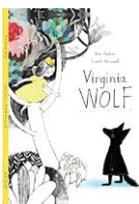
One night just before the lights went out, Worry snuck into Maya's mind. Worry grew bigger and bigger until there was no space left for anything else. Join Maya as she finds Courage, through the form of a calming breath, and learns how to break free from Worry's hold.



Me and My Fear by Francesca Sanna

Recommended age: 4 - 8

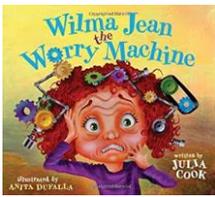
The little girl in this story has always had a tiny friend called Fear. But when her family immigrates to a new country, Fear gets bigger and bigger and tries to change the way she sees the world. But this little girl is stronger than Fear, and she discovers that everyone has a Fear and talking about your fears can help you to overcome them.



Virginia Wolf by Kyo Maclear

Recommended age: 4 - 8

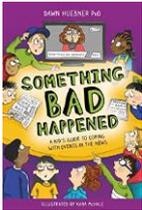
Virginia wakes up one day feeling wolfish: she growls, she snarls, and she hides in her bedroom and refuses to come out. Her sister, Vanessa, tries to cheer her up. After treats, funny faces and other efforts fail, Vanessa begins to paint a glorious mural depicting the world of the sisters' imagination. Will it help lift Virginia from her doldrums?



Wilma Jean the Worry Machine by Julia Cook

Recommended age: 5 - 8

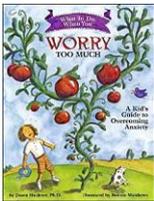
Wilma Jean worries so much that she wakes up feeling sick; all her brain seems to do is spit out more scenarios to worry about. When Wilma shares her worries with the adults in her life, they're able to help her find solutions, including dividing her worries into things she can control and things she can't, and picking a 'worry hat' she can put on when she needs a minute to think about her worries — and take off as a reminder that she can leave her worries behind.



Something Bad Happened: A Kid's Guide to Coping With Events in the News by Dawn Huebner

Recommended age: 6 - 12

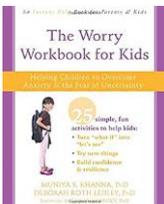
When children learn about something big and bad - even when they hear only bits and pieces - their brains get busy trying to make sense of it. This book guides children and the adults who care for them through tough conversations about national and international tragedies and provides child-friendly coping tools.



What To Do When You Worry Too Much by Dawn Huebner

Recommended age: 6 - 12

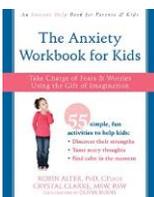
All children worry, but some children begin to feel like captives of their fears. This interactive self-help book uses age-appropriate language to introduce cognitive-behavioural techniques that provide children with tools and techniques to identify and manage their anxiety.



The Worry Workbook for Kids by Muniya S. Khanna & Deborah Roth Ledley

Recommended age: 7 - 12

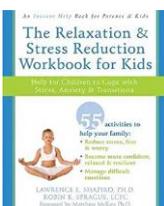
This workbook provides a selection of activities grounded in cognitive behavioural therapy that help children embrace uncertainty and actively adjust their thoughts and behaviours. Children will learn why some worry is a good thing, how their bodies respond to worry, and what they can do to break out of destructive thought cycles through a variety of techniques.



The Anxiety Workbook for Kids by Robin Alter & Crystal Clarke

Recommended age: 7 - 12

This workbook uses cognitive behavioural therapy techniques to teach children skills like assertiveness, positive thinking and body awareness. Children gain the confidence that comes from knowing that their strong imaginations can help them stay in control.



The Relaxation and Stress Reduction Workbook for Kids by Lawrence E. Shapiro & Robin K. Sprague

Recommended age: 7 - 12

This book offers activities to do together that help replace feelings of worry and stress with hope, peace, and joy. There are relaxation techniques, suggestions about creating technology-free spaces for the family, ideas relaxing through art and creativity, and finding the funny side of life.



The Red Tree by Shaun Tan

Recommended age: 8 - 12

Illustrations can help children capture feelings they can't express in words. This exquisite picture book targeted at older readers provides a new way for children to talk about emotions that can seem indescribable.



Outsmarting Worry: An Older Kid's Guide to Managing Anxiety by Dawn Huebner

Recommended age: 9 - 13

This book teaches children and the adults who care for them skills that make worry and fear easier to face and overcome. Practical techniques are presented in accessible language with an emphasis on shifting from knowing to doing and from worried to happy and free.

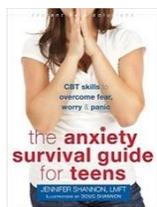
Books for young people



The Anxiety Workbook for Teens by Lisa Schab

Recommended age: 13+

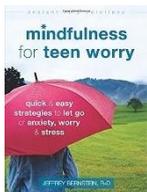
Learning strategies to manage anxiety early will allow young people to build a toolbox to help them throughout their lives. This book addresses dealing with anxiety in day-to-day situations, learning how to control this, developing a positive self-image and knowing when to seek help.



The Anxiety Survival Guide for Teens by Jennifer Shannon

Recommended age: 13+

If you have anxiety, your fears and worries can keep you from feeling confident and independent. This book teaches you practical strategies for handling even the toughest situations that previously caused you to feel anxious or worried.



Mindfulness for Teen Worry by Jeffrey Bernstein

Recommended age: 13+

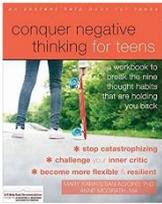
If you struggle with worry or anxiety that gets in the way of being your best, this fun and friendly guide will help you maintain a mindful life in a frenzied world. Learn powerful and easy-to-use mindfulness skills to manage common worry struggles teens face and simple, effective techniques to help you become more mindful.



Stuff that Sucks by Ben Sedley

Recommended age: 12+

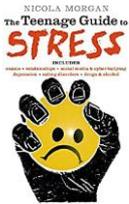
We all have thoughts that are painful at times; sadness, worry, anger, shame or even grief. If you are a young person struggling with your emotions, you want to feel that your emotions are valid. This book encourages you to accept your emotions rather than struggling against them and shows you how to reconnect with what is really important to you.



Conquer Negative Thinking for Teens by Mary Karapetian Alvord & Anne McGrath

Recommended age: 13+

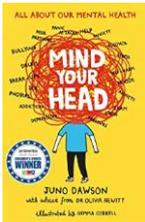
Sometimes, a pattern of negative thinking makes it hard to feel happy or glad — but it is possible to break those thinking habits and develop a more positive outlook. This book looks at common negative thoughts and helps teens recognise the behaviours, emotions, and bodily sensations they might experience when they get stuck in that thought habit. It provides guidance for replacing them with more realistic, helpful thoughts.



The Teenage Guide to Stress by Nicola Morgan

Recommended age: 13+

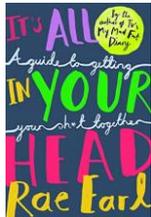
This book explains the biology behind stress and a huge range of strategies and suggestions to deal with it and prevent negative symptoms. It offers a fantastically wide-ranging, reassuring, eye-opening and comprehensive guide for young people, empowering them to take control of their mental health.



Mind Your Head by Juno Dawson

Recommended age: 13+

We all have a mind, so we all need to take care of our mental health, and the first step is being able to talk about our mental health. This book talks clearly and supportively about a range of issues facing young people's mental health -whether fleeting or long-term -and how to manage them. It includes real-life stories from young people around the world and witty illustrations.



It's All in Your Head by Rae Earl

Recommended age: 13+

This witty and honest book offers friendly advice, coping strategies and laugh-out-loud moments to get you through the difficult days. It won't try and fob you off with confusing jargon or irritating slogans but will help you through it with a smile.